

**Amendments to the claims:**

Claims 1-4 (canceled)

Claim 5 (new). A paper or paperboard core or tube comprising a foamed aqueous adhesive.

Claim 6 (new). The core or tube of claim 5 wherein the adhesive is foamed to up to 40% by weight.

Claim 7 (new). The core or tube of claim 5 wherein one or more paper or paperboard materials are bonded together with the adhesive.

Claim 8 (new). The core or tube of claim 7 which is a single ply core or tube.

Claim 9 (new). The core or tube of claim 7 which is a multi-ply core or tube.

Claim 10 (new). The core or tube of claim 5 wherein the core or tube is used in the tissue, towel, carpet, textile, plastic film, paper, food or industrial storage industry.

Claim 11 (new). The tube of claim 10 which is a food container.

Claim 12 (new). The paper core or tube of claim 5 wherein said adhesive is selected from the group consisting of polyvinylacetate homopolymer emulsions and copolymer emulsions, polyvinyl alcohol, dextrans, starches, acrylates, silicates, filled systems, crosslinkables and mixtures thereof.

Claim 13 (new). A method for preparing a paper or paperboard core or tube comprising bonding together one or more plies of paper or paperboard material with a foamed aqueous adhesive.

Claim 14 (new). The method of claim 13 wherein the adhesive is foamed to up to 40% by weight.

Claim 15 (new). The method of claim 13 wherein the adhesive is applied to the ply material as the core or tube is wound.

Claim 16 (new). The method of claim 13 wherein a single ply core or tube is prepared.

Claim 17 (new). The method of claim 13 wherein a multi-ply core or tube is prepared.